In this project, youth learn about healthy eating by partnering with adults in the kitchen to plan and create meals and snacks. Youth can participate in a variety of 4-H food and nutrition projects including bread baking, meal planning, cultural cooking, healthy meals, outdoor cooking, cheese making and more.

- Use USDA’s MyPlate to plan meals and make balanced food choices.
- Learn how to safely purchase, prepare and store food.
- Discover the health benefits associated with different foods.
- Explore the importance of nutrition as it relates to quality of life.

### Starting Out
**Beginner**
- Learn how to use measuring equipment.
- Classify food into appropriate food groups.
- Make healthy snacks.
- Demonstrate how to safely use a sharp knife.
- Compare the costs of purchased and homemade foods.
- Learn how to keep the kitchen clean.
- Prepare a healthy breakfast and learn why breakfast is an important meal.

### Learning More
**Intermediate**
- Compare and contrast healthy and less-healthy food choices.
- Create a grocery list based on a budget.
- Identify how to keep food safe through proper food preparation and storage.
- Learn how to use the “Nutrition Facts” labels.
- Prepare a balanced, healthy meal.
- Calculate the amount of sugar in popular beverages.
- Review fast food menus and identify the healthiest options.

### Exploring Depth
**Advanced**
- Identify key nutrients and their health benefits.
- Understand the health risks caused by food contaminants.
- Analyze the caloric and nutritional value of foods and beverages.
- Plan, purchase and prepare a daily menu.
- Discuss the impact of nutrition on academic achievement, sports performance and appearance.
- Explore careers in the food industry.

The activities above are ideas to inspire further project development. This is not a complete list.
Expand Your Experiences!

**Healthy Living**
- Design and create an exhibit featuring a nutrition topic for a health fair or community event.
- Create a portfolio of favorite recipes and their nutritional value.
- Track eating habits and physical activity in a journal. Review entries and set a goal that will help make a small improvement in how youth eat or exercise.

**Science, Technology, Engineering, and Mathematics**
- Experiment with different recipes; modify recipes to reduce the fat, sugar or sodium content.
- Research different types of microbes commonly found in and around foods.
- Experiment with yeast to discover how microbes multiply.
- Compare different types of food measurements, such as weight and volume.

**Citizenship**
- Cook foods from diverse cultures to develop a better understanding and appreciation for cultures different than your own.
- Sponsor a walk-a-thon and raise funds for a local health need.
- Work with your county health department on a local health issue, such as childhood obesity.

**Leadership**
- Plan and help prepare a healthy snack for a community club meeting.
- Suggest nutrition guidelines that will help your family eat healthier.
- Become a role model for others by taking the position of Junior or Teen Leader.

---

**Connections & Events**

**Presentation Days** – Share what you’ve learned with others through a presentation.

**Field Days** – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.

---

**Curriculum**

- **Cooking 101**
  [https://shop4-h.org](https://shop4-h.org)
- Eatfit
  [www.eatfit.net](http://www.eatfit.net)
- Food and Fitness
  [msue.anr.msu.edu/program/info/jump_into_foods_and_fitness.jff](http://msue.anr.msu.edu/program/info/jump_into_foods_and_fitness.jff)
- Healthalicious Cooking
- Consumer Savvy

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit [http://ucanr.edu/orb/](http://ucanr.edu/orb/)

---

**Resources**

- **Fantastic Foods**
  [www.four-h.purdue.edu/foods](http://www.four-h.purdue.edu/foods)
- Fight BAC
  [www.fightbac.org](http://www.fightbac.org)
- California Beef Council
  [www.teachfree.com](http://www.teachfree.com)
- Spend Smart, Eat Smart
  [www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings)
- Agriculture in the Classroom
  [www.LearnAboutAg.org](http://www.LearnAboutAg.org)
- USDA MyPlate
  [www.myplate.gov](http://www.myplate.gov)
- Money Talks
  [moneytalks4teens.ucdavis.edu](http://moneytalks4teens.ucdavis.edu)
- Making Every Dollar Count
  [makingeverydollarcount.ucr.edu](http://makingeverydollarcount.ucr.edu)
- USDA Center for Nutrition
  [www.cnpp.usda.gov](http://www.cnpp.usda.gov)
- Kids a Cookin’
  [www.kidsacookin.org](http://www.kidsacookin.org)
- The Scrub Club
  [www.scrubclub.org](http://www.scrubclub.org)
- Fruit and Veggies Matter
  [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)
- Recipes for Healthy Kids
  [www.recipesforkidschallenge.com](http://www.recipesforkidschallenge.com)

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

---

**University of California** Agriculture and Natural Resources

Author of 4-H Foods and Nutrition Project Sheet: Mandi Bottoms and Marcel Horowitz

UC ANR 4-H Youth Development Program • [http://4h.ucanr.edu](http://4h.ucanr.edu)
FOR FURTHER INFORMATION

To order or obtain ANR publications and other products, visit the ANR Communication Services online catalog at http://anrcatalog.ucanr.edu/ or phone 1-800-994-8849. You can also place orders by mail or request a printed catalog of our products from

University of California
Agriculture and Natural Resources
Communication Services
2801 Second Street
Davis, CA 95618
Telephone 1-800-994-8849
E-mail: anrcatalog@ucanr.edu

©2018 The Regents of the University of California. This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/4.0/ or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

Publication 8610

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a protected veteran or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 [USERRA]), as well as state military and naval service.

UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University’s equal employment opportunity policies may be directed to: John Sims, Affirmative Action Contact and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397. Email: jsims@ucanr.edu. Website: http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/.

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.

An electronic copy of this publication can be found at the ANR Communication Services catalog website, http://anrcatalog.ucanr.edu/.

This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by ANR Associate Editor for Human and Community–Youth Development Lynn Schmitt-McQuitty.

California 4-H Project Sheet Series Authors
JOHN BORBA, 4-H Youth Development Advisor, UC Cooperative Extension, Kern County; CLAUDIA DIAZ, 4-H Youth Development Advisor, UC Cooperative Extension, Riverside and San Bernardino counties; MARCEL HOROWITZ, Healthy Youth, Families, and Communities Advisor, UC Cooperative Extension, Yolo County; ANNE IACCOPUCCI, 4-H Healthy Living Coordinator, California State 4-H Office; SHANNON KLISCH; UC CalFresh Community Education Supervisor, UC Cooperative Extension, San Luis Obispo County; KENDRA LEWIS, 4-H Evaluation Coordinator, California State 4-H Office; KATHERINE SOULE, Youth, Families, and Communities Advisor and Director of UC Cooperative Extension, San Luis Obispo and Santa Barbara Counties; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma counties.